

Girls on the Run®

UNLEASH HER CONFIDENCE!

Bring GOTR to Your School!



Girls on the Run WestSound is a nonprofit that creates and offers evidence-based empowerment programs that help third- to eighth-grade girls build confidence, address negative issues, and deepen vital physical, mental, emotional, and social life skills. By hosting a team, you will inspire girls to embrace their individuality, make new friends, and find joy in movement.

Impacts of GOTR

By participating NOW...

- Life-skills lessons
- Fun movement-based games
- Impactful community projects
- Intentional goal-setting activities



...she gains these FOR LIFE:

- Deep inner strength
- Meaningful connection to others
- Foundation of physical health
- Empathy and respect for those around her
- Confidence to pursue dreams of all sizes

GIRLS NEED GOTR

Here's why:



Girls' self-confidence begins to drop by age nine.



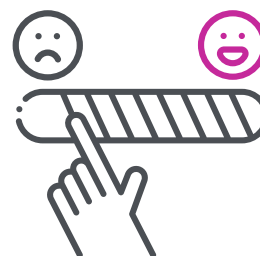
Physical activity declines starting at age ten and continues to decrease as girls age.



50% of girls ages 10 to 13 experience bullying.



Only 24% of six- to 17-year-olds participate in at least 60 minutes of physical activity every day.



57% U.S. teen girls felt persistently sad or hopeless in 2021 – double that of boys and representing a nearly 60% increase over the past decade.

OUR PROGRESS IS POWERFUL!

- Girls on the Run WestSound annually serves more than 900 participants.
- Since 2014, 5,860 teammates have participated in our program.
- More than 300 volunteers (including caring coaches) support, uplift and inspire our girls every year.
- Over 2,000 participants and spectators attend our 5K Celebrations each spring.





HOSTING A TEAM:

✓ Provide a Safe Space

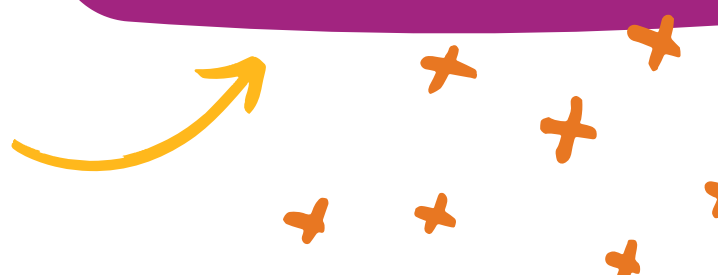


- Offer a safe, accessible outdoor space with restroom access, and a designated indoor space for inclement weather. A track, playground, or field work great! For indoor space, we suggest a gym, classroom, library, etc.
- Accommodate a regular practice schedule (2 times a week for 90 minutes) for our 10 week season.

✓ Secure a Site Liaison

- Act as the main site contact for council staff
- Help recruitment efforts and distribute marketing materials
- Provide families with registration assistance
- Identify coaches from your site and/or community

✓ Recruit Volunteer Coaches

Each team requires 3 or more volunteer coaches. GOTR coaches receive full training and all the tools needed to lead their team through an amazing season. Coaches of all abilities and genders, age 18+ are invited to join us. We also offer Jr. Coaching opportunities to girls age 16+. If you cannot secure coaches, have no fear! Girls on the Run will work with you to identify coaches from our volunteer pool.



At a time when girls may be struggling to fit in or find their voice, our programs reassure them that they belong.





GOTR
SUPPORTS teams
every step of
the way

Program sites can count on GOTR for:

- Marketing and registration materials
- Parent/guardian communications
- National Coach Training led by trained facilitators
- All curriculum materials and coach/team supplies
- Ongoing support to site liaisons, coaches, and families



Program Registration:

We offer both online & paper registration to families. Registration includes:

- Program t-shirt, journal and water bottle
- Healthy snacks at each practice
- 5K registration & finishers medal
- Financial assistance & payment plans, with registration fees from \$30.00-\$235.00
- Running shoes & athletic clothing as needed

THE DATA – AND PARTICIPANT VOICES – SAY IT ALL!



98%
OF PARTICIPANTS

said they had fun at their
Girls on the Run practice.



98%
OF PARTICIPANTS

said they would tell their
friends to participate in
Girls on the Run.



97%
OF PARTICIPANTS

said they learned things
at Girls on the Run that
are important to them.

NEXT STEPS

Are you ready to join the GOTR community?

1. Submit site application at www.gotrws.org/start-team
2. Confirm site practice schedule
3. Begin coach recruitment
4. Share GOTR marketing materials to help recruit girls
5. Reach out with any questions!

- New site applications are being accepted now!
- Practices start in early March, 2026
- Celebratory 5K event: Saturday, May 30, 2026

We are excited for you to join us and need your help!

Your involvement plays a vital role in building self-confidence in girls. As a result, your community and the world beyond it will become a better, more welcoming place.

With your involvement, that better tomorrow can be filled with girls who nurture their emotional and physical health, boldly follow their dreams, and become adults who lead with integrity, empathy, and kindness.



Questions? We are here to help!

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Transforming Lives

IT'S WHAT WE DO



Two programs, one life-changing impact.

Girls on the Run is the only physical activity-based, positive youth development program for girls with a research-based curriculum, trained coaches, and a commitment to serving all girls.

Every practice, coaches lead teams through fun and engaging activities that innovatively blend social emotional life skills with physical movement.



Girls on the Run Grades 3-5

- Understand ourselves, value teamwork, and recognize our impact on the world.
- Set and achieve goals, nurture emotional health, connect with others, and appreciate healthy habits.
- Learn what makes healthy friendships, how to stand up for yourself & others, and have so much fun!
- Held each spring in Kitsap, Mason, & Pierce Counties with limited Fall teams in Puyallup.



Heart & Sole Grades 6-8

- Learn how to develop a strong support system, foster healthy relationships, and offer help to others.
- Understand the important connection between body, brain, and heart.
- Identify & create healthy relationships
- Set goals and have fun reaching them
- Held each spring in Kitsap, Mason, & Pierce Counties with limited Fall teams in Puyallup.